

TOGETHER LEARNING CHOICES

A Group-Level Intervention for Young People Living with HIV FACT SHEET

Program Overview

Together Learning Choices is an effective intervention for helping young people living with HIV identify ways to increase use of health care, decrease risky sexual behavior and drug and alcohol use, and improve quality of life. It emphasizes how contextual factors influence ability to respond effectively to stressful situations, solve problems, and act effectively to reach goals. Delivering the TLC intervention involves delivering specific content for each session, determining a routine format for all sessions, and helping clients identify behavior-changing mechanisms for solving their problems.

Core Elements

The core elements of TLC are:

- Help clients develop awareness and identify feelings, thoughts and actions.
- Teach, model, and practice 4 core skills (emotional regulation, SMART problem solving, goal setting, and assertiveness).
- Reinforce positive client behavior through the use of thanks tokens.
- Help clients identify their ideal self to help motivate and personalize behavior change.
- Deliver sessions in highly participatory, interactive small groups.

Target Population

The Together Learning Choices intervention targets young people, aged 13–29 years, living with HIV.

Program Materials

• TLC Starter Kit

TLC Volume 1: Introduction and Overview
Stakeholders Checklist
Costs Worksheet

• Marketing DVD

• Implementation Manual

TLC Volume 2: Staying Healthy
TLC Volume 3: Acting Safe

Research Results

Implementation of TLC produced the following results:

- Young women reported an increase in their positive lifestyle behaviors and use of positive action coping styles.
- All youth reported increased use of the social support coping style.
- Youth reported fewer sexual partners, including fewer HIV-negative partners, and fewer unprotected sex behaviors.
- Youth reported reductions in alcohol, marijuana, and illicit drug use.
- Youth reported decreases in feelings of distress, physical symptoms of distress, and generalized and fear-based anxiety.

For More Information on TLC

If you are funded to implement TLC and need training, please submit a request via CDC's CBA Request Information System (CRIS) at

<http://www.cdc.gov/hiv/topics/cba/index.htm>

Rotheram-Borus, M.J., Lee, M.B., Murphy, D.A., Futterman, D., Duan, N., Birnbaum, J., Teens Linked to Care Consortium. (2001). Efficacy of a preventive intervention for youth living with HIV. *American Journal of Public Health*, 91, 400-405.